

Authors

TSHERING TOBGAY

His Excellency Dasho Tshering Tobgay is the Prime Minister of Bhutan and the leader of the People's Democratic Party (PDP). He was the Leader of the Opposition in the National Assembly from March 2008 to April 2013. Excellency attended secondary schooling at Dr. Graham's Homes School in Kalimpong, India, and received his bachelor of science in mechanical engineering from the University of Pittsburgh's Swanson School of Engineering in 1990. He completed his master's degree in public administration from the John F. Kennedy School of Government at Harvard University in 2004. His Excellency was a civil servant before joining politics, starting his career with the Technical and Vocational Education Section (TVES) of the Education Division in Bhutan in 1991. After working with the TVES from 1991 to 1999, His Excellency established and led the National Technical Training Authority (NTTA) from 1999 to 2003. His Excellency also served from 2003 to 2007 in the Ministry of Labour and Human Resources as the director of the Human Resources Department.

KARMA URA

Dasho Karma Ura is the President of the Centre for Bhutan Studies & GNH (CBS & GNH), an institute dedicated to promoting His Majesty the Fourth King, Jigme Singye Wangchuck's globally influential development philosophy of Gross National Happiness and conducting multidisciplinary research about

the culture and history of Bhutan and policy studies. He studied in St Stephen's College Delhi; Magdalen College, Oxford University; and University of Edinburgh, Scotland, thanks to scholarships. He writes and paints and designs things, when he is not a bureaucrat. He is also forced to give talks in many international fora. Under the inspired patronage and direction of Her Majesty the Queen Mother Ashi Dorji Wangmo Wangchuck, herself an author and social worker through the Tarayana Foundation, he has had the opportunity to co-create masked dances and costumes for the annual Dochula Druk Wangyal Festival, temple murals, and the Biggest Golden Butterlamp of Eternal Flame of Druk Wangyal. The Centre for Bhutan Studies is currently engaged in creating a conceptually new facility for the city of Thimphu, called the Library of Mind, Sound and Body, to connect these three aspects of being with wellbeing and happiness.

LOPEN KINLEY

Lopön Kinley is currently Dorji Lopön (Vajra Acharya next to His Holiness the Je Khenpo) and Head of Meditation Centres of Central Monastic Body, Bhutan.

KHAMBA LAMA GABJU

His Eminence Reverend Khamba Lam Gabju is the Supreme Head, Centre of Mongolian Buddhism and the Abbot of Gandan Tegchenling Monastery, Mongolia.

TSUGLA LOPEN

His Eminence Tsugla Lopen is the Vice Chancellor for the Monastic Education and looks after the monastic education. He is respected as an authority on traditional monastic education system. He also headed Tango Buddhist University, Cheri Meditation Centre and Dodedra Buddhist Institute for several years. Starting his education in one of the oldest monastic schools in Bhutan Dechenphodrang, he later on studied at Gyalzhing Shedra in Sikkim, specializing in Madhyamaka Studies. He joined Dzongsar Shedra, Himachal Pradesh, where he completed the 13 Tibetan commentaries besides other religious commentaries and enhanced them. During the years from 1990 to 1994, he underwent Traditional Drukpa Kargyu Three Year solitary retreat at Chagree Meditation Centre, beside other retreats. His Eminence studied under some of the greatest luminaries in Buddhist teachings: His Holiness 68th Je Khenpo Tenzin Dondup Rinpoche, His Holiness Dilgo Khentse Rinpoche, His Eminence Khamtrul Rinpoche Dondgyud Nima, His Holiness 69th Je Khenpo Geden Rinchhen Rinpoche, and His Holiness the 70th Je Khenpo Trulku Jigme Chhoedra, the present Supreme Lord Abbot of Bhutan, among others.

LAMA LOBZANG

Lama Lobzang is the Secretary General of International Buddhist Confederation (IBC).

SANGAY DORJI

His Eminence Lopön Sangay Dorji is currently Letshog Lopen of Central Monk Body. He is responsible development activities of Sangha Community under Central Monastic Body, Bhutan.

GEOFFREY SAMUEL

Geoffrey Samuel is an Honorary Associate at the University of Sydney, Australia, where he directs the Body, Health and Religion (BAHAR) Research Group, and Emeritus Professor at Cardiff University, Wales, U.K. His academic career has been in social anthropology and religious studies, and his books include *Mind, Body and Culture* (1990), *Civilized Shamans: Buddhism in Tibetan Societies* (1993), *Tantric Revisionings* (2005), *The Origins of Yoga and Tantra* (2008) and *Introducing Tibetan Buddhism* (2012). His current research interests include Tibetan yogic health practices, Tibetan medicine, and the dialogue between Buddhism and science.

IAN BAKER

Ian Baker is an anthropologist and Buddhist scholar who has published seven books on Himalayan cultural history, environment, art, and medicine including *The Dalai Lamas Secret Temple: Tantric Wall Paintings from Tibet*, *The Tibetan Art of Healing*, *Buddhas of the Celestial Gallery*, *The Heart of the World: A Journey to the Last Secret Place*, and the forthcoming *Tibetan Yoga: Secrets from the Source*. He has also written for National Geographic Magazine who named him one of seven 'Explorers for the Millennium' for his extended field research in the hidden-land of Pemako in the eastern Himalayas. Ian studied Literature and Anthropology at Oxford University and University College London and served as lead curator for a 2015- 2016 'Tibet's Secret Temple: Body, Mind and Meditation in Tantric Buddhism' exhibition in London that centered on life-size facsimiles of 17th century wall paintings illustrating Pema Lingpa's 'Secret Key to the Winds and Channels' and other texts from Pema Lingpa's 'Compendium of Enlightened Spontaneity' (Dzogchen Kunsang Gongdu). He is an advisory board member of the International Society for Bhutan Studies (ISBS).

ARIANA MAKI

Ariana is a Associate Director of the Tibet Center and Bhutan Initiative at the University of Virginia, and has maintained a research affiliation with the National Library and Archives since 2012.

NGAKMA MÉ-TSAL WANGMO & NALJORPA JA'GYÜR DORJE

Ngakma Mé-tsal Wangmo and Ja'gyür Dorje are a teaching couple within the Aro gTér lineage of Tibetan Buddhism. They have been ordained as *go kar chang lo* practitioners and students of Ngak'chang Rinpoche and Khandro Déchen, the lineage holders of the Aro gTér since the 1990s. They combine careers in IT project management, education and Chinese medicine with family life and practicing and teaching Vajrayāna. As well as teaching publicly, they have personal students in Britain, mainland Europe, and South America.

JEANNE LIM

Dr. Jeanne Lim has worked in the high-technology industry for over twenty years. She is currently the Chief Marketing Officer of Hanson Robotics and was a Marketing Director for Dell, Cisco, and 3Com and a Business Manager for Apple Computer. Jeanne has a PhD degree in Integrated and Holistic Health from the Energy Medicine University, an MBA degree from the Hong Kong University of Science and Technology, and a BA degree from the University of California, Berkeley. She is a certified yoga instructor and has completed a training program in Traditional Yoga Studies.

CATHY CANTWELL

Cathy Cantwell has been a member of the Faculty of Oriental Studies, University of Oxford since 2002. She is President of the UK Association for Buddhist Studies and is currently a KHK Visiting Research Fellow at the University of Bochum. Her work focuses on Tibetan and Himalayan tantric rituals of all periods from the 10th century CE, and especially the ritual texts and practices deriving from the “Early Transmissions” (*snga 'gyur rnyingma*). This work has included text critical and historical analysis, as well as ethnographic study of contemporary rituals. Her most recent book publications are, *A Noble Noose of Methods, the Lotus Garland Synopsis: A Mahāyoga Tantra and its Commentary* (Vienna 2012, together with Robert Mayer), and “Buddhism: The Basics” (London 2010). She has recently jointly edited a Special Edition (with Robert Mayer, Jowita Kramer and Stefano Zacchetti) of the *Journal of the International Association of Buddhist Studies* (Volume 36/37, 2015), entitled, *Authors and Editors in the Literary Traditions of Asian Buddhism*.

DAVID VERDESI

David Verdesi is the founder of Human Potential, Research and Development (HPRD) and conducts seminars and training programs throughout the world in the fields of phenomenology and transpersonal anthropology. His professional research has focused on in-depth studies among highly achieved

adepts in Africa, Brazil, Nepal, India, Indonesia, China, and Siberia towards the development of experiential algorithms underlying traditional methodologies for realizing humankind's fullest psychophysical capacities. With extensive knowledge and accomplishment in yogic, Taoist, and tantric Buddhist practices, David Verdesi's ongoing research elucidates a unified theory of human development that encompasses yet transcends traditional forms and techniques and points directly to the transcendent nature of mind and consciousness. His training seminars present practical methods for understanding the abiding principles that underlie inherited systems of belief and for realizing more expansive models of self and reality.

CHARLIE MORLEY

Charlie Morley received 'authorization to teach' within the Karma Kagyu school of Tibetan Buddhism from his teacher Lama Yeshe Rinpoche, the abbot of Samye Ling Monastery. For more than eight years, he has run retreats and workshops on lucid dreaming and dream yoga around the world and has written two books on the subject that have been translated into ten different languages. He is currently based at Kagyu Samye Dzong Buddhist Centre in London.

BARBARA MORRISON

Barbara Morrison, PhD holds a Master's Degree in Japanese Literature from Columbia University and a Ph.D. in English Literature from the University of North Dakota. She currently teaches Gender and Culture Studies as an Associate Professor in the International Department at Utsunomiya University in Tochigi Prefecture, Japan. She received tokudo (ordination) in Shingon Buddhism in 2002 at Yochiin temple on Mt. Koya and continues to explore the ways in which writing, thinking, art and Shingon / Vajrayāna practice can combine to support a life of joy and purpose.

TAMARA DITRICH

Tamara Ditrich is Head of Applied Buddhist Studies at Nan Tien Institute and Researcher at the University of Sydney, Australia. Her academic background encompasses Buddhist Studies, Sanskrit, and Vedic philology. She has over thirty years of teaching and research experience at various universities in Europe and Australia and over forty years of Buddhist meditation practice, under the supervision of renowned meditation teachers in India, Myanmar, Sri Lanka, Europe, and Australia. Her current research interests include the application of Buddhist philosophy and meditation techniques in contemporary education.

ELIZABETH (LIZ) LEE

Tradition and Innovation in Vajrayāna Buddhism

Elizabeth (Liz) Lee is a Vajrayāna Buddhist practitioner, holistic health consultant, and Reiki master, based in Hong Kong. Her integrated approach to health, healing, and spiritual practice draws from her professional background in diverse forms of Eastern and Western mind-body medicine, as well as from Indian yoga and Chinese Daoism. She specializes in energy food based nutritional therapies and in root-cause resolution of entrenched psychiatric syndromes endemic in modern life.

NILIMA SIKHRAKAR

Nilima Sikhrakar is a visual artist born into a Newari Buddhist family in Kathmandu, Nepal. Her upbringing drew her to study thangka painting from the age of thirteen from the eminent Newar artist, Prem Maan Chitrakar. She completed her IFA at the Lalit Kala Campus in Kathmandu, Nepal in 2002; her BFA at the College of Fine Arts (C.K.P) in Bangalore, India in 2006; and her MVA at Jain University in Bangalore, India in 2014. She currently works as a visual art, highly influenced by Vajrayāna Buddhist culture.

PETER MANN

Peter Mann is a retired Hong Kong civil servant and secretary of Sangye Migyur Ling project committee.